



TITAN TIMES

Welcome back to all of our Traditional families!! We hope you all had a great summer, and that the routine of school is settling in.

Seismic Upgrade Finishing & Grand Re-Opening

This year is starting off with excitement around our beautiful new spaces -- in particular, our Library Learning Commons, our small gym refresh, our new fitness / weight room, refreshed cafeteria, our rebuilt band room, our stage / theatre, our new hallway, our new front entrance and student lounge in the administration wing, and our new center courtyard. That's quite a list. Some workers will be on site for a couple of months finishing off minor details around the school, but we are essentially done!!

ATS will be hosting dignitaries from the Abbotsford School District, the City of Abbotsford, and possibly some Ministry representatives at an official "Grand Re-Opening" on Oct 4th. While this event is closed to the public, and only a small group of guests, the event will be the official end of the seismic project. We hope that many of you find an opportunity to come to the school to see the changes when you are here for Meet the Teacher, sport events, or volunteering, or assemblies.

Titan Sports

These sport teams have started up already: Thanks to our staff and community coaches for your time and energy making sure we have these teams!!

- Cross-Country 6-8
- Cross-Country 9-12
- Grade 8 Girls Volleyball
- Jr. Girls Volleyball
- Sr. Girls Volleyball
- Boys Soccer 8-12
- Wrestling 6-12

If you have coaching or have high level playing experience, or are a frequent player / athlete of the sports we offer, please consider talking to Mr. Currie or Mr. Wiebe to see how you can help out ATS. We need you as our partner!! Basketball starts up in a couple months and we might need help there as well as we will have up to 8 or more teams.

New Unified ATS Uniform

Our new uniform colours look awesome! Thanks to all the parents for putting in early orders for crested tops, PE strip, and black pants. 99% of students are in daily uniform and while we have some delays for PE strip, this will be in the hands of students soon.

Please take a moment in the mornings to ensure you child looks sharp in their uniform and that they are ready to go for a day of learning at ATS.

R. Gabriel

Although our rules on dress code are strict and to be enforced M-Th, on Fridays, students are encouraged to wear any ATS t-shirt, ATS PE shorts, ATS PE tops, ATS sports team clothing, ATS club clothing etc. that they have. Students who are part of a team or club that doesn't have club clothing are welcome to submit an original design for approval by the Admin team. The garments must be ATS logoed, so no ATSS or ATMS crests please!

Are you able to help by volunteering at lunch?

The PAC is seeking parents who can come to ATS on Tuesdays, Wednesday, and Fridays to help getting lunch to our students. If you can be at school from 11:00 to 12:30 to help set up, serve, and clean up, that would be awesome. Please contact your PAC chair, Baljit Sangha, at abbytrad-pac@gmail.com.

There are 10 District-mandated Gr. 9-12 only late start days this year for teaching learning. Secondary students are to arrive for their 9:17 am class. Middle school students start their days at regular time. There are no late starts for middle school this year.

- Sept 22
- Oct 13
- Nov 24
- Dec 8
- Jan 19
- Feb 9
- Mar 1
- Apr 12
- May 3
- June 7

New House Teams for Middle Grades - Check out SchoolCashOnline to purchase your House Colour shirts!

SchoolCashOnline - Student Activity Fees are posted as well as various permission forms on SchoolCashOnline. Make sure you login and submit these items as soon as possible.

Photo Day on Monday! Check page 2 of this newsletter for ordering info and make sure your looking sharp on Monday!

HOT LUNCH Menu

<p>TUESDAY</p> <ul style="list-style-type: none"> • Penne Pasta & 2 Crazy Bread \$5.50 • Crazy Bread (each) \$0.50 <p>WEDNESDAY</p> <ul style="list-style-type: none"> • Pizza Hut Chicken Boneless Bites \$5.00 • Samosa (each) \$1.50 	<p>FRIDAY MIDDLE ONLY</p> <p>PIZZA (PER SLICE) \$2</p> <p>SNACKS</p> <ul style="list-style-type: none"> \$1 Juice \$1 Water \$1 Chips \$1 Cookies
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On the Horizon

Sept 18	Picture Day
Sept 21	Meet the Teachers
Sept 22	Late Start (Secondary Only)
Sept 29	Non-Instructional Day
Sept 30	National Day for Truth and Reconciliation
Oct 2	No School (in Lieu Day for National Day for
Oct 3	PAC Meeting

Middle House Team Colours 2023-2024

	Gr. 6	Gr. 7	Gr. 8
Light Blue	Loong	Wiebe	Heller
Navy Blue	Lockington	Sharma	Hickey
Red	Skillings	Strafford	Fox
Green	Sickels	Phulka	Dunton

A message from Fraser Health:

September – Back to school health

Your healthy back-to-school guide

As summer winds down, it's time to gear up for a healthy back-to-school season. Set the stage for a smooth transition back to school. Here are some practical tips to get you started.

Prioritize sleep

Ensuring your child gets enough sleep is an important part of a healthy back-to-school routine. Quality sleep helps with concentration, mood and overall well-being. In the weeks leading up to the start of school, gradually adjust your child's sleep schedule so they can adapt to the new routine. Aim for nine to 11 hours of quality sleep per night.

Eat well

Support your child's learning and development with scheduled meals and snacks. Breakfast kick starts their morning, while snacks and lunches nourish them throughout the day. Pack a water bottle to help them stay hydrated.

Boost immunity

As with any public environment, school exposes children to various germs and viruses. Ensuring they are up-to-date on their vaccinations helps protect them and others. Specific immunizations are recommended for children prior to entering Kindergarten as well as in grades six and nine. Help your child avoid the spread of illness by encouraging them to wash their hands regularly, teaching them to cover their coughs and sneezes and keeping them home when sick.

Keep active

Adding physical activity to your child's routine sets them up for success. Activities like walking or biking to school, playing sports, dancing, swimming or helping around the house are great ways for your child to stay active. Set limits on screen time and promote outdoor play as much as possible for overall well-being.

Make time for talking and connection

Going back to school can be a cause of anxiety or stress for children. Make it a point to encourage open communication and support your child to talk about their feelings and help them feel heard and understood. Integrate downtime into their routine where they can relax or focus on a special interest or hobby.

Find more school health tips and resources on Fraser Health's website: <https://ow.ly/gS1S50Pegic>



School Day Photos with Vibrant Photos



Hello,
Vibrant Photos is excited to be taking your school portraits at Abbotsford Traditional Secondary School on Monday, **September 18th, 2023**

Photo day is quick and easy!

There are no forms or payment needed on photo day.
Just bring your best SMILE!

Approximately two days after your student's photo day the images will be online and ready to view.

Viewing and ordering photos is simple

Scan QR code on the paper given to your student on photo day
OR

Step 1- Go to www.vibrantphotos.ca

Step 2- Choose 'Click to Order' and then choose 'click here' on School Day orders.

Step 3- Enter your unique code provided on the paper given to your student on photo day

Step 4- View Images.

Step 5 - Select 'Buy Now' and you will be able to select from a variety of packages, single photo sheets and bonus items. Select product that you want to purchase and then choose which image you want to add to the product.

Step 6 – Add to cart. Select school delivery or choose ship to home (minimal shipping charge)

Photo orders must be placed by the end of day Tuesday, September 26th to be included in the first delivery to school. Photo orders will be delivered to the school approximately one week after this date.

For any further inquiries please contact us at

info@vibrantphotos.ca

604-380-3388